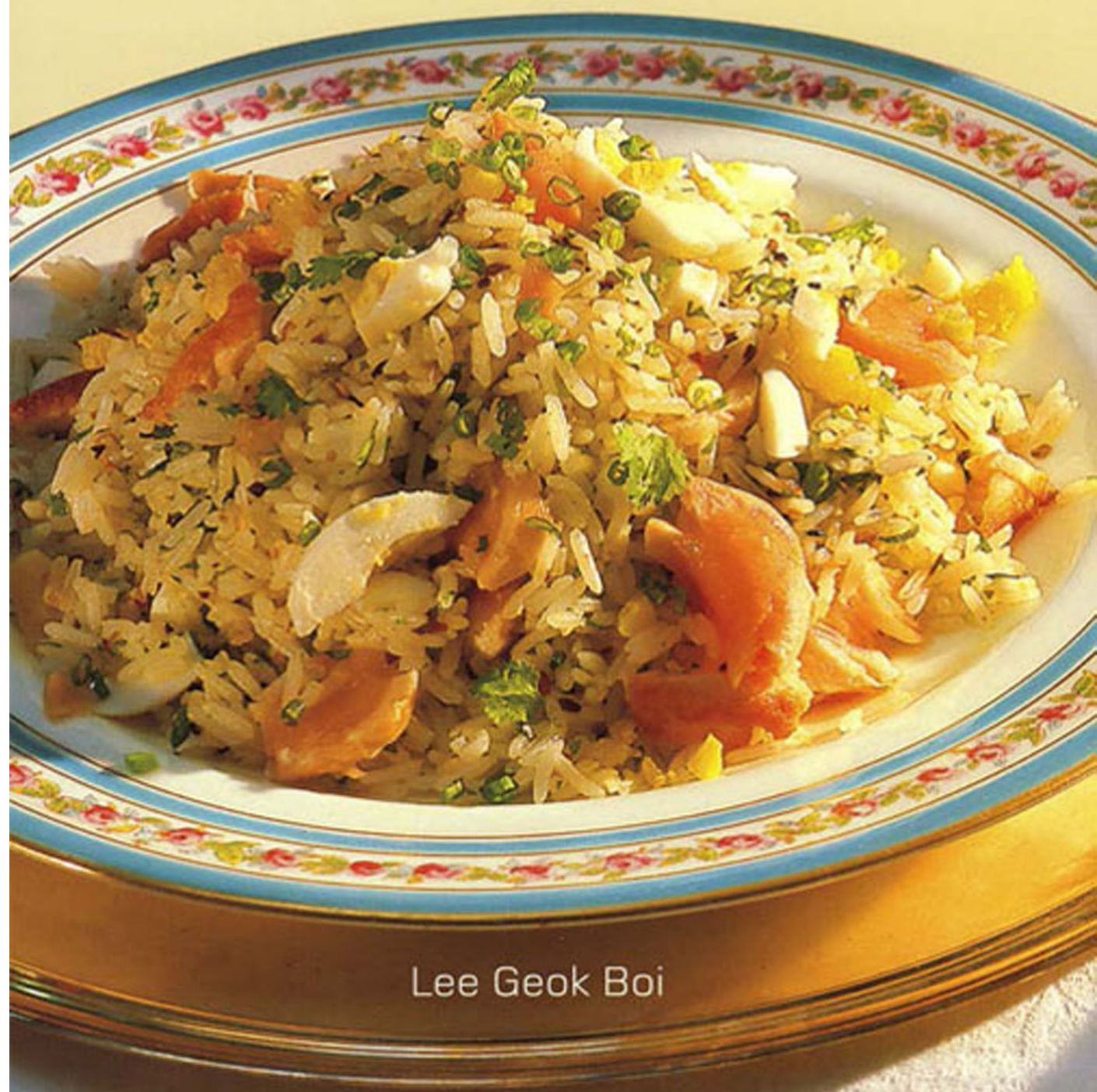


Periplus Mini Cookbooks

Asian Rice

DISHES



Lee Geok Boi

Measurement Conversions			
All our recipes are thoroughly tested in the Periplus Test Kitchen. Standard metric measuring cups and spoons are used throughout, and all cup and spoon measurements are level. We have used medium-sized (60 g, grade 3) eggs in all recipes.			
International Measures			
Volume	Lengths	Weights	
1 teaspoon = 5 ml	6 mm = 1/4 inch	28 g = 1 oz	
1 UK/US tablespoon = 15 ml = 3 teaspoons	12 mm = 1/2 inch	250 g = 8 oz	
1 Australian tablespoon = 20 ml = 4 teaspoons	2.5 cm = 1 inch	500 g = 1 lb	
We have used international 15 ml tablespoon measures. If you are using an Australian 20 ml tablespoon, the difference will not be noticeable for most recipes. However, for flour, cornflour or baking powder, subtract one teaspoon for each tablespoon specified.			
Cup Equivalents			
1/4 cup = 60 ml = 2 fl oz	1 cup grated fresh coconut = 100 g		
1/2 cup = 125 ml = 4 fl oz	1 cup chopped shallots = 200 g		
1 cup = 250 ml = 8 fl oz	1 cup uncooked rice = 200 g		
2 cups = 500 ml = 16 fl oz = 1 pint	1 cup dried prawns = 120 g		
4 cups = 1 liter = 32 fl oz = 1 quart	1 cup cubed carrot = 100 g		
	1 cup cooked rice = 100 g		
Oven Temperature Guide			
When using convection ovens, the outside of the food cooks more quickly.		°C	°F
As a general rule, set the oven temperature 15°C to 20°C lower than the temperature indicated in the recipe, or refer to your oven manual.	Low	150	300
	Moderate	180	350
	Med. Hot	200	400
	Hot	220	425
	Very Hot	230	450

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Asian Rice

DISHES

by Lee Geok Boi



Packed with delicious recipes, this book will show you how easy it is to prepare classic Chinese, Indian, Malay and other Asian rice dishes. Step-by-step instructions reveal the secrets behind the perfect Chicken Rice, Nasi Lemak and Claypot Rice along with a selection of fried rice and congee dishes

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Basic Asian Ingredients

Basmati rice is an Indian long-grain rice characterized by its thinness and fragrance. The grains stay whole and separate when cooked with oil and spices. Substitute with long-grain Thai jasmine rice.

Black Chinese mushrooms, also known as shiitake mushrooms, are used widely in Asian cooking. The dried ones must be soaked in hot water to soften before use, from 15 minutes to an hour, depending on the thickness. The stems are removed and discarded; only the caps are used. Fresh shiitake mushroom stems can be eaten if the bottoms are trimmed.

Brown rice is rice with its golden-brown bran intact. It has more fiber than milled white rice. It also has a nutty texture.



Chilies come in many shapes and sizes. Fresh green and red fingerlength chilies are moderately hot. Tiny red, green or yellow-orange *chili padi* are very hot. **Dried chilies** are usually cut into lengths and soaked in warm water to soften before use. **Chili powder** is made from ground dried chilies. It is a good substitute for dried chilies— $\frac{1}{2}$ teaspoon chili powder for 1 dried chili.

Coconut milk and **grated coconut** can be bought fresh from local wet markets. Coconut milk is also available canned and in packets. They come in varying consistencies and you will need to adjust the thickness by adding water as needed. In general, you should add 1 cup of water to 1 cup of canned or packet coconut cream to obtain thick coconut milk, and 2 cups of water to 1 cup of coconut cream to obtain thin coconut milk.

Coriander is an indispensable herb and spice in Asian cooking. **Coriander seeds** are roasted and then ground in spice pastes. **Coriander roots** are used in the same way, while **coriander leaves** (also known as cilantro or Chinese parsley) are used as a herb and a garnish.



Dried shrimp paste or *belachan* is a dense mixture of fermented ground shrimp that must be toasted before use—either wrapped in foil and dryroasted in a pan over low heat or toasted over an open gas flame. It is sold in dried blocks and ranges in color from light brown to black. It should be slightly toasted to enhance its flavor before using.



Ghee is a rich clarified butter oil with the milk solids removed and is the main oil used in Indian cooking.

Substitute with oil or butter.

Glutinous rice is very starchy and is often cooked by steaming and used in desserts.



Jicama (*bangkuang*) is a crunchy and juicy white tuber that is peeled and eaten raw, sliced and served with rock salt or dressing as a refreshing snack. Look for it in the produce section of supermarkets.



Kerupuk are dried crackers made from bits of shrimp, fish, vegetables and nuts mixed with various types of flour to make a very popular snack in Indonesia. They must be thoroughly dried in the sun or in an oven set on very low before deep-frying in very hot oil for a few seconds, when they puff up spectacularly and become crispy. Store fried *kerupuk* in an airtight container.

Oyster sauce is the rich extract of dried oysters and is added to stir-fried meat and vegetable dishes. It comes in bottles and must be refrigerated once opened.



Pandanus leaves are long, thin leaves used to impart a delicate fragrance and green hue to cakes and desserts. Substitute bottled pandanus essence or vanilla essence.

Rice vinegar is a mild and fragrant vinegar that is very popular in Asian cooking. You may substitute distilled white vinegar, however reduce the quantity.



Tamarind is the pulp of seedpods from the Tamarind tree and imparts a fruity sourness to dishes. To make **tamarind juice**, mash about 1 tablespoon of dried tamarind pulp with 2 tablespoons of warm water, squeeze and strain to remove the seeds and fibers.

Unpolished red rice is a whole-grain rice which is red in color and comes with a slight mustiness. It is rich in fiber and nutrients.



Saffron is the world's most expensive spice. The dried strands should be allowed to infuse in warm milk before being added to rice and dessert dishes. Store saffron in the

freezer as it loses its fragrance quickly, and never buy powdered saffron if you want the true aroma of this spice.

Soy sauce is brewed from soybeans, wheat and salt. **Light or regular soy sauce** is very salty and used as a table dip and cooking seasoning. **Dark soy sauce** is denser and less salty, and adds a smoky flavor to sauces and stirfries. Available bottled in supermarkets and provision shops.

How to Prepare Various Types of Rice

How To Cook Plain Rice

There are three traditional ways of cooking rice:

Method 1: Bring the rice and water to a boil on a stove with the pot three-quarters covered. When the rice is boiling, turn the heat down to low and continue to simmer for another 15 minutes, with the pot partially covered. When the water is all gone, turn off the heat and cover the pot. Leave the rice undisturbed for another 10 minutes.

Method 2: There should be at least three times the amount of water to the rice. Bring the rice to a boil and let it boil vigorously for 5 minutes. Drain the water, leaving about 60 ml (1/4 cup). Return the rice to a very low fire for another 5 minutes with the pot covered. Turn off the heat and let the rice stand for another 10 minutes. The rice water can be used as a thickener in curries and stews or sweetened and taken as a drink like barley water. It contains water-soluble vitamins.

Method 3: For glutinous rice, the ratio of rice to water is one cup water to one cup rice. The heat-proof container should be at least twice as big as the amount of rice to allow for expansion. Place the container of rice and water in a pot half-filled with water and steam with the pot closed for 20 minutes. Plain glutinous rice is also steamed without water in a close-weave bamboo basket or on a large piece of muslin cloth placed on a rack in a steamer. Stir the rice occasionally. Coconut milk may be stirred in to add flavor and to make the rice softer. Or you can sprinkle water on the rice. For softer rice, place in a bowl of water and steam.

Rice cooker: It takes the form of a metal pot that sits in a cooker. It can be basic or with features that allow you to keep rice warm, cook rice porridge, steam up left-overs or cook mixed grains. Most come with a non-stick coating.

Microwave: To cook rice in the microwave, be careful of the timing. In a 700W oven, the timing is 15 minutes for the first cup and 5 minutes per extra cup. The amount of water is the same as in a rice cooker. When cooking is done, remove the rice from the oven, fork up the rice and let it rest for another 5 minutes.

Slow cooker: Rice porridge is easily cooked in a slow cooker. In fact, cooking rice on a stove involves stirring it every now and then or the bottom will burn. This problem doesn't arise with a slow cooker, and you won't have the problem of rice boiling over either. It is also a useful way to cook black glutinous rice.

How To Measure Water

The standard measure is 375 ml (1½ cups) water to 200 g (1 cup) rice. However, when steaming, the ratio is one cup to one cup: 250 ml (1 cup) water to 200 g (1 cup) rice. A traditional way of measuring the correct amount of water is to place your palm flat against the rice in the pot and to cover your knuckles with water nearly to your wrist. Another is to place your thumb on top of the rice and measure the water up to the first joint. Brown and red rice need more water than milled or white rice.

Chinese Fried Rice

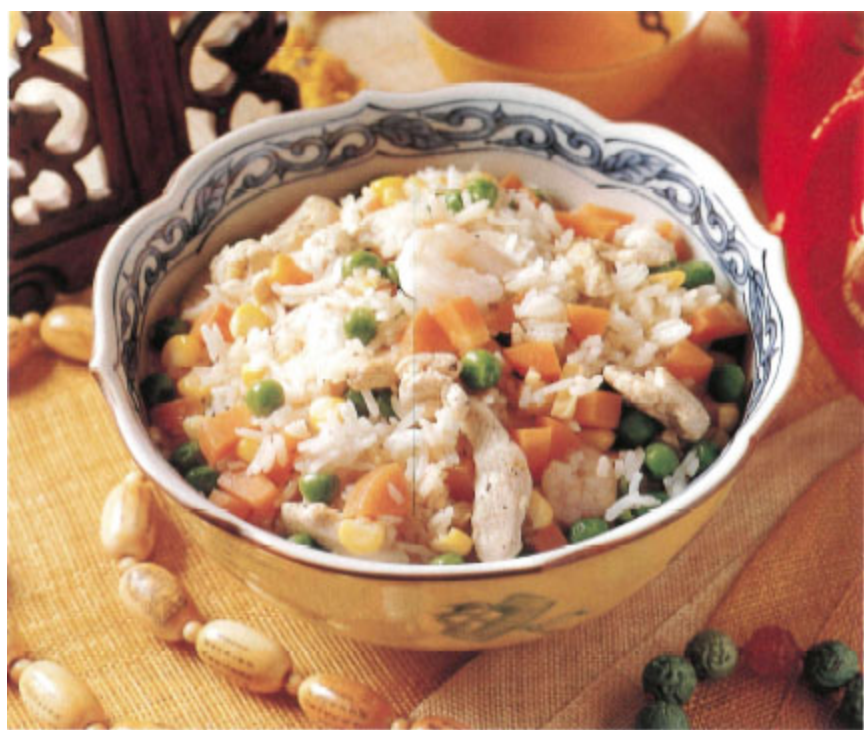
200 g (7 oz) red roast pork, or chicken breast
4 tablespoons oil
4 cloves garlic, minced
300 g (10 oz) mixed vegetables (peas, carrots, corn kernels)
200 g (7 oz) peeled fresh small prawns
2 tablespoons soy sauce
600 g (6 cups) cold cooked rice
1 teaspoon salt

- 1** Slice the roast pork or chicken breast.
- 2** Heat the oil in a wok and fry the garlic until fragrant.
- 3** Add the mixed vegetables and fry until lightly cooked.
- 4** If using chicken, fry until the meat is cooked then add the prawns and continue to fry until just pink (if using roast pork, heat the pork through then add the prawns). Sprinkle with soy sauce and toss quickly, for about 10 seconds, over high heat until fragrant.
- 5** Add the rice and salt and continue to toss until the rice is heated through.
- 6** Serve immediately.

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**



Nasi Goreng (Malay Fried Rice)

8 tablespoons oil
1 medium onion, cubed
1 large carrot, cubed or 200 g (2 cups) sliced French beans
4 tablespoons [Sambal Belachan](#) (page 24)
400 g (2 cups) sliced chicken breast or peeled fresh prawns
1 teaspoon salt
600 g (6 cups) cold cooked rice
4 eggs
Deep-fried *Kerupuk* (prawn crackers), optional (see note)

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**

- 1** Heat 6 tablespoons of the oil in a wok and stir-fry the onion until fragrant.
- 2** Add the carrots and fry for 1 to 2 minutes, depending on the preferred texture.
- 3** Stir in the Sambal Belachan and cook until fragrant.
- 4** Add the chicken or prawns and fry until just cooked. Do not overcook the prawns.
- 5** Add the salt and cooked rice and stir until well mixed and the rice is warmed through.
- 6** Scoop out the rice onto serving plates.
- 7** Heat the remaining 2 tablespoons of oil and fry the eggs, one at a time, on both sides. Top the plate of rice with a fried egg and garnish with Kerupuk (Prawn Crackers).
- 8** Alternatively, fry the egg with the rice. To do this, make a well in the rice, add 1 teaspoon oil and crack the eggs into the wok. Cover with the rice and stir after a couple of minutes. When the eggs are cooked, scoop the rice out and serve.

Kerupuk or prawn crackers, are dried wafers made from tapioca starch mixed with bits of prawn or fish and spices, which are deep-fried until crispy then

eaten as a garnish or snack. Buy them dried in plastic packets in Asian food stores. The wafers must be thoroughly dried in the oven set on low heat for 30 minutes before being deep-fried in oil for a few seconds, when they puff up spectacularly. Store fried *kerupuk* in an airtight container.



Uncooked *kerupuk* should be as dry as possible otherwise they will not expand sufficiently.



Take care not to deep-fry too many *kerupuk* at a time as they will expand.



Indian Fried Rice

6 tablespoons oil
4 cm (1½ in) ginger, chopped
1 medium onion, diced
2 teaspoons chili powder
2 large tomatoes, diced
150 g (2 cups) green peas
400 g (2 cups) sliced chicken breast
600 g (6 cups) cold cooked rice
2 teaspoons salt
1 teaspoon [garam masala](#) (page 26)

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**

- 1** Heat the oil in a wok and stir-fry the ginger and onion until fragrant.
- 2** Add the chili powder, tomatoes and peas and fry until the tomatoes are soft.
- 3** Add the chicken and fry until the meat is done.
- 4** Add the rice and salt and mix well. Finally, when the rice is warm, add the garam masala and mix well. Serve at once.

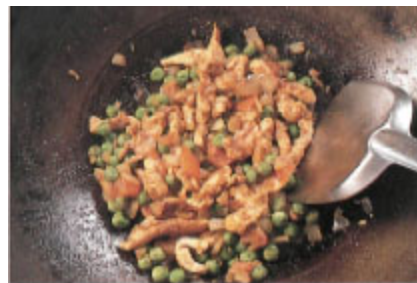
Tips for the perfect fried rice:

- Use cold rice, preferably rice left overnight. However, the rice should be fairly firm to start with. (The water-to-rice ratio given in the [Plain Rice](#) recipe on page 4 is fine.)
- The more oil used, the more separate the grains will be and the more "professional" the result. The amount of oil given in these recipes aims to find the perfect balance but may be reduced further, if preferred.
- Stir-fry continuously to ensure that food is evenly cooked—ingredients should be cooked through before the rice is added.

- Add the salt to the ingredients before adding the rice so that the seasoning is more evenly distributed.
- Break up any clumps of rice before putting it into the wok.
- All ingredients should be ready and waiting before you start the fire.
- Make sure that after frying the ingredients, they are not too 'wet' before adding the rice—too much moisture will result in a starchy dish, and grains won't remain separate.
- Fry on high heat so that excess moisture evaporates and the heat sears meat or prawns, sealing in the juices.
- When adding beaten eggs to rice, make sure there is enough oil so that the eggs do not stick to the pan.



Add the tomato, green peas and chili powder to the ginger and onion in the wok.



Stir in the chicken and stir-fry until the meat is done before adding the rice and salt.



Oyster Sauce Rice

3 tablespoons oil
1 small onion, cubed
6 cloves garlic, minced
3 red finger-length chilies, thinly sliced
3 tablespoons oyster sauce
400 g (6 cups) shredded cabbage
1 medium carrot, sliced
400 g (1½ cups) peeled fresh prawns
600 g (6 cups) cold cooked rice
1 teaspoon salt
1 teaspoon freshly ground white pepper

- 1** Heat the oil in a wok and stir-fry the onion and garlic until transparent.
- 2** Add the chilies and oyster sauce and cook until the chili is limp.
- 3** Stir in the cabbage and carrot and cook for 1 minute.
- 4** Add the prawns and cook until they turn pink.
- 5** Stir in the rice, salt and pepper and cook until heated through.
- 6** Serve immediately.

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**



Peel the prawns and remove the black intestinal tract.

Shred the cabbage and slice the carrots and the chilies.



Add the chilies then the oyster sauce to the frying onion and garlic.



Stir the cabbage and carrot into the oyster sauce mixture and cook for 1 minute.

Kai Lan with Oyster Sauce

500 g (1 lb) *kai lan* (kale), baby *kai lan* or *kai lan* stems
2 tablespoons oil
2 teaspoons chopped garlic
2 tablespoons oyster sauce
3 tablespoons water

Serves 4

Preparation time: **5 mins**

Cooking time: **5 mins**

1 To prepare the *kai lan* or *kai lan* stems, remove the thicker skin from the bottom of the older, thicker stems and rinse clean. To prepare baby *kai lan*, rinse and drain.

2 Heat the oil in a wok and stir-fry the garlic until fragrant. Add the oyster sauce, water and vegetables and fry until the vegetables change color. If using *kai lan* stems, add a little more water and fry until the stems are the preferred texture. They should still be crunchy to taste.

Chinese Black Olive Rice

4 tablespoons oil
6 cloves garlic
1 cup (200 g) minced pork
Few drops dark soy sauce
180 g (1 cup) chopped and deseeded pickled Chinese olive vegetable
(*kana chye*)
1 teaspoon salt
600 g (6 cups) cold cooked rice
1/2 teaspoon freshly
ground white pepper

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**

- 1** Heat the oil in a wok and stir-fry the garlic until fragrant.
- 2** Add the pork and soy sauce and stir until the meat is cooked through and the pieces are crumbly.
- 3** Add the chopped olives and vegetable and stir in the salt. Finally add the rice and pepper.
- 4** Continue cooking over medium heat, stirring constantly, until the rice is heated through. Serve with *Kai Lan* with Oyster Sauce.

Pickled Chinese olives come bottled with vegetables, usually leaf mustard, which is finely chopped with the pitted olives and preserved in oil and salt. The combination is known as *kana chye* or olive vegetable and is available in market stalls that sell pickled food, and in the Chinese section of gourmet grocers. If you purchase them whole you will need to pit and chop the olives, and may need to add more salt.



Fried Rice with Salted Fish

100 g (1 cup) dried salted fish, soaked in water
6 tablespoons oil
8 cloves garlic, chopped fine
1 teaspoon salt
2–3 drops dark soy sauce
600 g (6 cups) cold cooked rice
1 stalk spring onion, chopped

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**

- 1** Rinse the salted fish, pat dry and slice thinly. Remove any bones.
- 2** Heat the oil in a wok and stir-fry the salted fish until crisp and fragrant. Remove the fish and set aside.
- 3** Add the garlic and fry until fragrant.
- 4** Add the salt and rice and color lightly with 2 to 3 drops of dark soy sauce. Mix well.
- 5** When the rice is warmed through, stir in the fried salted fish and spring onions, and fry for 2 minutes.
- 6** Serve immediately.

Dried salted fish is used as a seasoning or condiment in Asia. It should be soaked in water before use to remove some of the salt.

For extra flavor, try adding one of the following: beansprouts, chopped chives or sliced fresh red chilies.



Slice the salted fish and discard any bones.



Stir-fry the salted fish until crisp then set aside.



Stir in the salt and rice before adding 2 to 3 drops dark soy sauce for color.



When the rice is well mixed, stir in the fried salted fish and spring onions.



Fried Rice with Beef

400 g (14 oz) beef fillet
4 teaspoons dark soy sauce plus a few extra drops
2 teaspoons freshly ground white pepper
4 tablespoons oil
4 cm (1½ in) old ginger, sliced
10 shallots, thinly sliced
600 g (6 cups) cooked rice
2 teaspoons salt
1 stalk spring onion, chopped

Sliced chili in soy

4 bird's-eye or 2 red fingerlength chilies
½ tablespoon soy sauce

- 1** Slice the beef into thin strips across the grain and season with 4 teaspoons of dark soy sauce and half the pepper.
- 2** Heat the oil in a wok and stir-fry the ginger and shallots until golden brown.
- 3** Add the beef and fry for about ½ to 1 minute, depending on how well done you prefer the meat.
- 4** Stir in the salt then add the rice, remaining pepper, and 2 to 3 drops dark soy sauce to color the rice.
- 5** Cook over a low heat, stirring constantly, until the rice is warmed through.
- 6** Garnish with the spring onion and serve immediately.
- 7** Deseed and slice the chilies. Combine with the soy sauce in a small dish and serve as a condiment, if desired.

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**



Season the beef slices with dark soy sauce and pepper.



Stir-fry the ginger and shallots in oil until golden brown and fragrant.



Add the beef slices and stir-fry briefly, depending on how well done you prefer the meat.



When all the ingredients are in the wok, stir constantly over a low heat to warm the rice.





Millionaire's Fried Rice

5 tablespoons oil
10 shallots, thinly sliced
600 g (6 cups) cold cooked rice
2 teaspoons freshly ground white pepper
1 teaspoon salt
2 tablespoons soy sauce
4 eggs, beaten
800 g (6½ cups) fresh crabmeat
5 sprigs coriander leaves, chopped

- 1** Heat 4 tablespoons of the oil in a wok and stir-fry the shallots until golden brown. Do not burn them.
- 2** Add the rice, pepper and salt and mix well.
- 3** Sprinkle the soy sauce over the rice and mix again.
- 4** Push the rice aside, leaving space for frying the beaten egg. Pour the remaining oil into a wok and add the beaten egg. Fry until almost solid then quickly mix the rice into the egg, breaking up the omelet.
- 5** Stir in the crabmeat and fry until the crabmeat is heated through.
- 6** Garnish with the chopped coriander leaves.

The inspiration for this dish came from two women who served a similar dish in a Chinatown coffeeshop right opposite the Chinese Millionaires' Club in Singapore. It was said to be the most expensive fried rice in Singapore because of the liberal amount of fresh crabmeat used.

Serves 4

Preparation time: **1 hour**

Cooking time: **10 mins**

Indian Almond Rice

400 g (2 cups) uncooked basmati rice
4 tablespoons ghee
1 small onion, sliced into thin rings
75 g (1/2 cup) almond slivers
80 g (1/2 cup) raisins
1 stick cinnamon
4 cardamom pods
6 cloves
750 ml (3 cups) water
1/2 teaspoon salt

Serves 4

Preparation time: **15 mins**

Cooking time: **45 mins**

- 1** Wash the rice and drain well. Set aside to dry.
- 2** Melt the ghee in a wok and fry the onion rings until golden brown. Set aside.
- 3** Fry the almonds until light brown. Set aside.
- 4** Fry the raisins for 1 minute and set aside.
- 5** Fry the cardamom and cloves for 1 minute, then add the rice and toss with the spices for several minutes until the rice is well coated.
- 6** Add the water and salt and bring to a boil. Reduce the heat, add the onions and raisins, and simmer until done. Alternatively, transfer everything to a rice cooker and cook according to the manufacturer's instructions.
- 7** Spoon the rice onto a serving plate, garnish with the almonds. Serve with curry and [Cucumber Raita](#) (page 21).

Tomato Rice

400 g (2 cups) uncooked basmati rice
2 tablespoons ghee
1 stick cinnamon
875 ml (3½ cups) water
4 tablespoons tomato paste
1 teaspoon salt

Serves 4

Preparation time: **15 mins**

mins Cooking time: **30 mins**

- 1** Wash the rice, drain and leave in a colander to dry.
- 2** Melt the ghee in a saucepan, then add the cinnamon and rice. Fry for 5 minutes.
- 3** Add the water, tomato paste and salt. Bring to a boil, reduce the heat and simmer the rice for about 12 minutes or until done. Alternatively, transfer everything to a rice cooker and cook according to the manufacturer's instructions.
- 4** Serve with curry and [Cucumber Raita](#) (page 21).



Cucumber Raita

1 medium cucumber, sliced
1/2 teaspoon cumin
powder
1/2 teaspoon salt
125 ml (1/2 cup) yogurt

Serves 4

Preparation time: **5 mins**

- 1 Remove the excess liquid from the cucumber by drying the slices between layers of paper towels.
- 2 Stir the cumin powder and salt into the yogurt.
- 3 Arrange the cucumber slices on a plate and pour the yogurt over them.

Nasi Kunyit (Malay Yellow Rice)

400 g (2 cups) uncooked glutinous rice

1/2 tablespoon turmeric powder

1/2 teaspoon salt

125 ml (1/2 cup) thick coconut milk

1 Wash the rice, then soak it overnight in a bowl of water with the turmeric powder. The following day, drain the rice.

2 Steam the rice for 25 minutes.

3 Meanwhile, mix the coconut milk and salt in a large bowl. Add the steamed rice and mix well. Return the rice to a steamer and continue to steam for a further 20 minutes.

4 Serve with chicken curry or Tamarind Prawns at festive occasions, or for breakfast.

Serves 4

Preparation time: **5 mins + overnight soaking**

Cooking time: **45 mins**

Udang Goreng Asam (Tamarind Prawns)

5 tablespoons tamarind pulp

250 ml (1 cup) water

1/2 teaspoon salt

500 g (1 lb) fresh medium prawns, deveined with heads and tails intact

2 tablespoons oil

1 Soak the tamarind pulp in water, add the salt and stir well.

2 Pour the tamarind marinade over the prawns and set aside for 30 to 60 minutes. When ready to cook, remove the prawns from the marinade but do not rinse

3 Heat the oil in a wok and fry the prawns over high heat for several minutes until cooked through.

Serves 4

Preparation time: **30 mins**

Cooking time: **3 mins**



Nasi Ulam (Herb Rice Salad)

150 g (2¼ cups) finely shredded cabbage
150 g (5 oz) long beans, finely sliced diagonally
2 tablespoons freshly squeezed lime juice
2 shallots, thinly sliced 1 teaspoon salt
1½ tablespoons Sambal Belachan (see below)
600 g (6 cups) hot cooked rice
400 g (14 oz) *ikan selar* (scad) or any white fleshed fish such as wolf herring or mackerel, fried and flaked

Sambal Belachan

25 red finger-length chilies, deseeded
1 tablespoon dried shrimp paste (*belachan*), roasted

Herbs

Any one or a combination of the following:

2 tablespoons mint leaves, finely chopped
2 tablespoons turmeric leaves (daun kunyit), finely chopped
½ tablespoon very finely chopped kaffir lime leaves
3 tablespoons basil leaves, finely chopped
50 g (1 cup) chopped coriander leaves

1 Blanch the cabbage and beans by placing them in a sieve and pouring boiling water over them until they change color. Drain, and dry well.

2 To make the Sambal Belachan, pound the dried shrimp paste and chilies together. Store any remainder in a bottle in the fridge.

2 Combine the lime juice with the shallots, salt and Sambal Belachan.

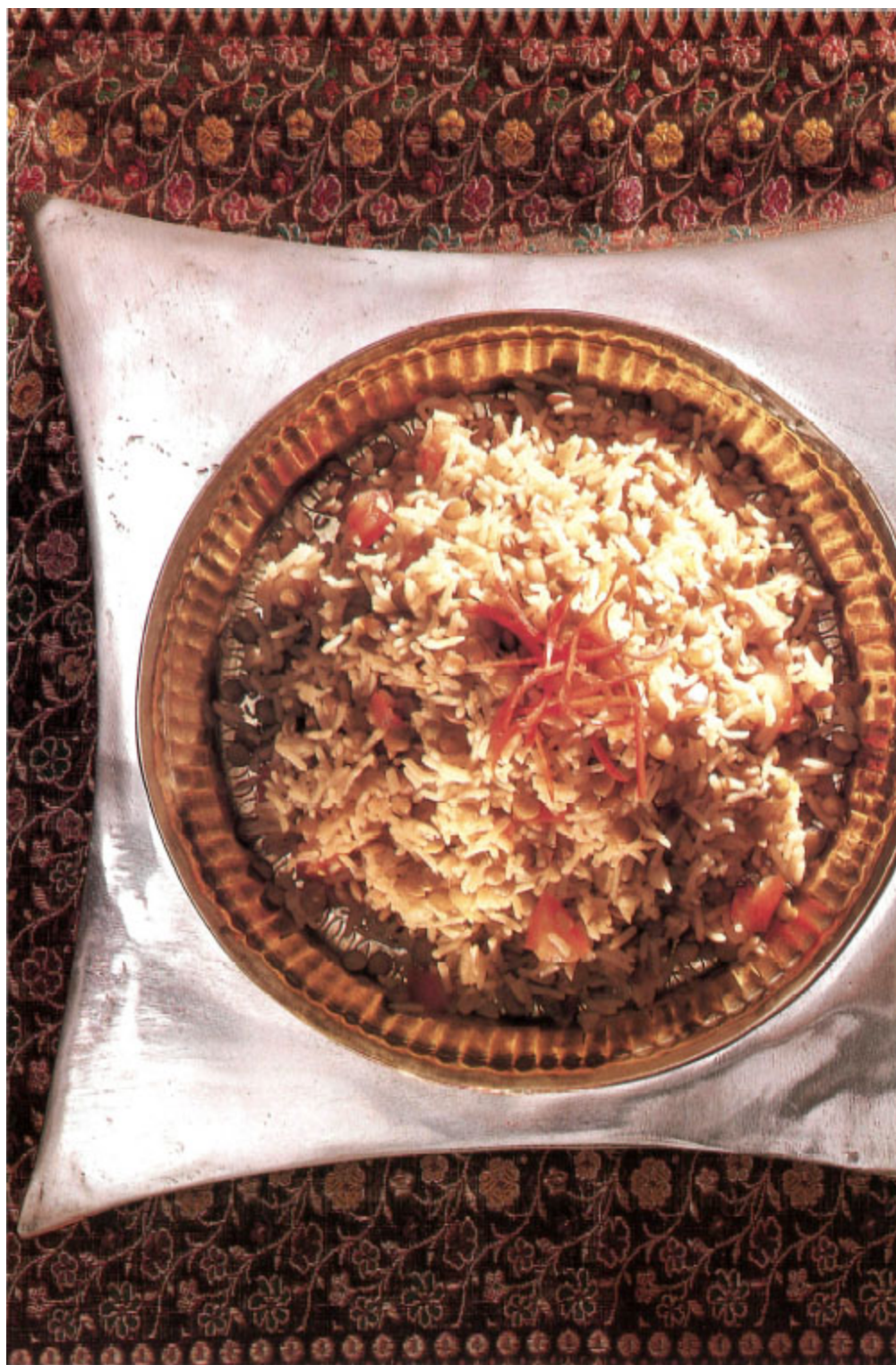
3 Mix the blanched vegetables in a large bowl with the sambal mixture, then add the hot rice. Finally, add the flaked fish and any one or a combination of the herbs. Serve hot or cold.

Serves 4

Preparation time: **15 mins**

Cooking time: **10 mins**





Lentils and Rice

2 tablespoons ghee
1 small onion, sliced into thin rings
1 large tomato, diced
400 g (2 cups) uncooked rice
300 g (2 cups) cooked
brown lentils
750 ml (3 cups) water
1 teaspoon salt
¼ teaspoon garam masala (see recipe below or purchase ready-made
spice mix)

Serves 4

Preparation time: **10 mins**

Cooking time: **30 mins**

1 Heat the ghee in a saucepan and fry the onion rings until lightly browned. Add the tomato and cook for 1 minute.

2 Transfer to a rice cooker and add the rice, lentils, stock and salt. Cook according to the manufacturer's instructions, then stir in the garam masala.

3 Serve hot with a simple salad, a cucumber pickle or with [Cucumber Raita](#) (page 21).

Substitute lentils with yellow mung beans or red azuki beans. Red beans must be soaked overnight then boiled prior to use.

Garam Masala

1 tablespoon coriander powder
1/2 tablespoon cumin powder
1/2 tablespoon ground white pepper
1/2 teaspoon ground nutmeg or mace
1/2 teaspoon clove powder
1/2 teaspoon cinnamon powder
1/2 teaspoon cardamom powder

Mix all the ingredients together and store in a small air-tight bottle in the refrigerator, and use as and when required.

Ready-made garam masala spice mix is widely available from large supermarkets and Asian grocers.

Yam Rice with Dried Prawns

1 medium yam (about 500g/1 lb)
1 tablespoon dried prawns, soaked in 60 ml (¼ cup) of water to
soften, drained and remove any bits of shell
800 ml (3¼ cups) water
2 tablespoons oil
2 cloves garlic, crushed
1 teaspoon salt
400 g (2 cups) uncooked rice, washed and drained

Serves 4

Preparation time: **20 mins**

Cooking time: **30 mins**

- 1** Peel the yam and cut into cubes.
- 2** Chop the dried prawns finely. Retain the soaking water.
- 3** Heat the oil in a saucepan and quickly fry the prawns until fragrant, then add the garlic and stir briskly for 10 seconds.
- 4** Add the yam cubes, ½ teaspoon of the salt and the dried prawn soaking water, stirring for 2 minutes.
- 5** Add the rice, remaining water and salt and bring to a boil. Lower the heat and simmer for about 12 minutes until the rice is tender. Serve hot with Cai Xin Soup.



Cabbage Greens Soup

200 g (7 oz) *choy sum* (Chinese flowering cabbage) or *sawi*

50 g (1/4 cup) minced pork

3/4 teaspoon salt

Ground white pepper

1 liter (4 cups) water

1 tablespoon fried shallots

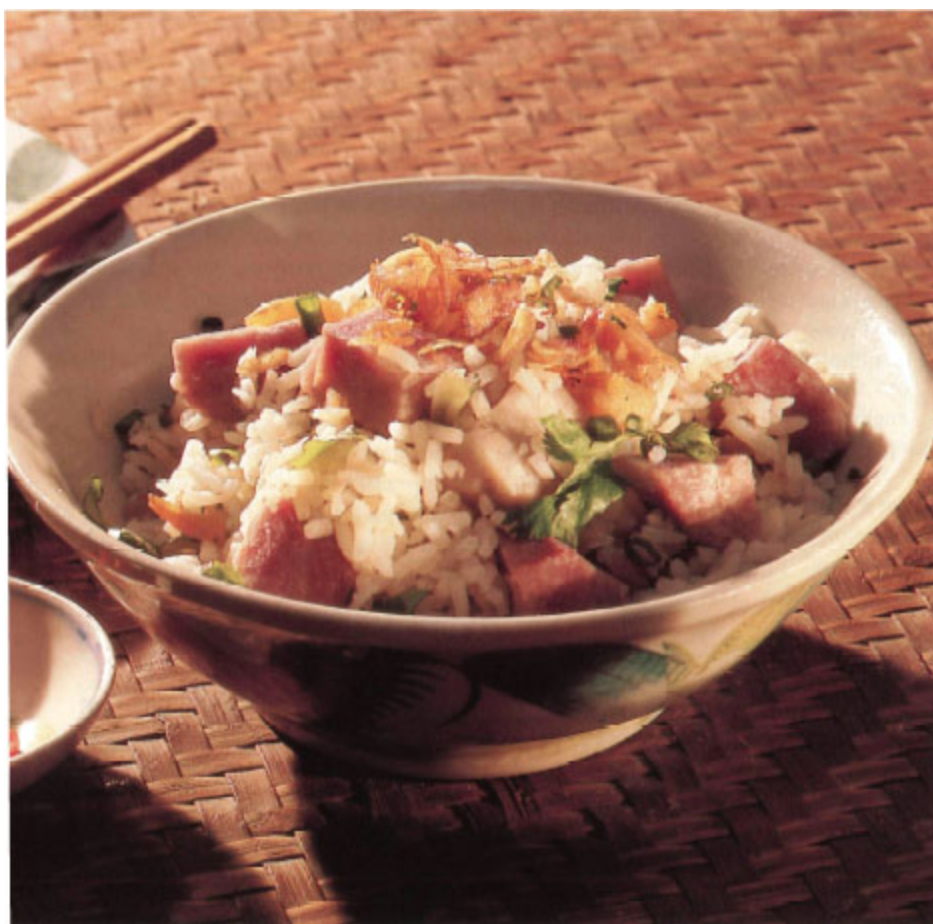
1 Wash the vegetables and cut into finger lengths.

2 Mix the minced pork with 1/2 teaspoon of the salt and some ground white pepper; set aside.

3 Heat the water in a pot with the remaining salt and some ground white pepper. When the stock comes to a boil, add the minced pork in small amounts. When the meat is cooked adjust the seasoning.

4 Add the vegetables last and turn the heat off as soon as the greens change color.

5 Sprinkle fried shallots on the soup and serve at once.



Pulot Rempah Udang (Steamed Prawn Rice Parcels)

400 g (2 cups) uncooked glutinous rice
4 tablespoons thick coconut milk
1 teaspoon salt
200 g (2 cups) grated fresh coconut
2 tablespoons oil
1 tablespoon coriander powder
1 teaspoon ground white pepper
1/2 teaspoon salt
1 teaspoon sugar
200 g (7 oz) fresh small prawns, peeled and chopped
6 tablespoons water

Wrapping

Twelve 20-cm (8-in) banana leaf squares
Boiling water
24 bamboo skewers, cut into 3 cm (1¼ in) lengths
Large bowl of cool water

Serves 4

Preparation time: **1 hour**

Cooking time: **1 hour**

- 1** Soak the rice for about 8 hours then steam for 25 minutes.
- 2** Combine the coconut milk and salt and stir in to the steamed rice. Continue steaming the rice for another 25 minutes or until soft. Set aside.
- 3** In a wok, dry-fry the grated coconut over a low flame until golden brown and fragrant, then blend and pound until fine.
- 4** Heat the oil in a saucepan and fry the coriander powder and pepper for about 20 seconds until fragrant, taking care not to burn the spices.

5 Add the salt, sugar and prawns to the wok and cook until the prawns turn pink.

6 Stir in the coconut and water and cook for 5 minutes, stirring constantly.

How to wrap

1 Blanch the banana leaves by pouring boiling water over them to make them more pliable.

2 Divide the rice into 12 equal portions. Moisten your fingers in cool water and press the rice onto a piece of leaf and work into an oval shape.

3 Spoon 1½ tablespoons of the prawn filling onto the center of the rice. Shape the rice around the filling.

4 Using the leaf, shape the rice into a round cylinder. Roll up and fasten both ends with bamboo skewers.

5 Repeat with remaining rice and banana leaf squares.

6 Grill or broil the rolls for 2 to 3 minutes on each side, or until warmed through.



Press rice onto the blanching banana leaves. Spoon the filling onto the rice.



Roll the rice mixture in the banana leaves. Secure the ends with skewers. Grill the rolls.





Rice Dumplings (*Zhong Zhi*)

Rice for dumplings

400 g (2 cups) uncooked glutinous rice
1 teaspoon salt
3 tablespoons oil

Filling

250 g (8 oz) lean pork
50 g (1 cup) dried black Chinese mushrooms, softened in hot water
(retain the water), caps sliced
2 tablespoons oil
1½ tablespoons coriander powder
1 teaspoon ground white pepper
4 tablespoons fried shallots
1 teaspoon salt
60 g (⅓ cup) diced sugared winter melon

- 1** Wash the rice and soak it overnight in water.
- 2** Drain; stir the salt and 2 tablespoons of oil into the rice. Place the rice in a close-weave bamboo tray or on a muslin cloth in a steamer and steam for 30 minutes.
- 5** When the rice is done, mix in the remaining 1 tablespoon of oil into the rice.
- 6** Place the pork in boiling water and simmer for about 15 minutes until almost cooked.
- 7** Allow the meat to cool, then cut into tiny pieces.
- 8** Heat the oil in a wok, add the coriander powder and pepper and fry for 20 seconds.
- 9** Add the remaining ingredients and fry until the sugared melon has softened. If the filling is too dry, add a little mushroom water and simmer until the desired consistency is achieved.
- 10** To prepare the dumplings, follow the method for [Wrapping Rice Dumplings](#) on page 34.

Serves 4

Preparation time: **2 hours**

Cooking time: **2 hours**

Wrapping Rice Dumplings

Leaf packets

750 ml (3 cups) water
20 pieces dried bamboo leaves
20 pieces 50-cm (20-in) dried
grass string or raffia string

How to prepare the leaves

- 1 Boil the bamboo leaves in water for 10 minutes then remove and rinse in cold water
- 2 Moisten your fingers in a bowl of cold water to prevent the rice from sticking. Divide the rice and filling into 10 equal portions.

How to wrap

- 1 Hold two leaves together, the tip end to the right. Form them into a cone by bringing the tip end towards you and round into the leaf; leave the stem end sticking out.
- 2 Press $\frac{3}{4}$ of a portion of rice into the cone, covering the bottom and sides.
- 3 Flatten the remaining portion of the rice. Spoon in 2 tablespoons of filling and top with the remaining flattened portion. Press the rice into the cone.
- 4 Shape the cone into a three-sided pyramid and fold in nearest edges to cover rice
- 5 Wrap the remaining flap round the package to seal the rice.
- 6 Tie the dumpling with string. Repeat until the rice portions and filling are used up.

How to serve dumplings

- 1 Place the wrapped dumplings into a pot of boiling water and simmer for 2 hours, or until the dumplings are soft.
- 2 Hang the dumplings up to drain and cool. They can hang unrefrigerated for several days.

Chestnut and Chicken Rice Dumplings

150 g (1 cup) fresh chestnuts, shelled and skinned
1 small pot boiling water
25 g (½ cup) dried black Chinese mushrooms, softened in cold water
2 tablespoon oil
2 teaspoons finely sliced shallots
300 g (10 oz) boneless chicken breast, skin removed and diced
¼ teaspoon ground white pepper
1 tablespoon dark soy sauce
1 teaspoon salt

The size of the dumplings will depend on the size of your leaves. Two leaves usually allows more control over the size.

Serves 4

Preparation time: **1 hours**

Cooking time: **2 hours**



Take two leaves and form them into a cone by bring the tip end round and into the leaf.



Spoon three-quarters of the rice portion into the cone.



Spoon in 2 tablespoons of filling and top with remaining one-quarter rice portion..



Shape the cone into a three-sided pyramid and fold in the nearest edges to cover rice.



Wrap the remaining flap round the package to seal the rice.



Secure each package with raffia or grass string.

- 1** Boil the cleaned chestnuts in the pot of water until cooked through but not mushy. If the chestnuts are large, halve them.
- 2** Cut the softened mushrooms into thin slices, or cube if preferred.
- 3** Heat the oil in a saucepan and stir-fry the sliced shallots until fragrant and pale gold.
- 4** Add the chicken meat, chestnuts, mushrooms and seasoning and fry, stirring constantly, until the meat is cooked and the filling dry.
- 5** Follow the method for Wrapping Rice Dumplings.



Rub the salt over the salmon.



Brown the fish in a frying pan.

Salmon Rice (Kedgerree)

500 g (1 lb) salmon fillet

1/2 teaspoon salt

2 tablespoons oil

4 tablespoons ghee or oil

3 cloves garlic, crushed

2 teaspoons chili powder

600 g (6 cups) freshly cooked hot rice

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

60 g (1/2 cup) chopped parsley

3 stalks spring onions, finely chopped

2 hard-boiled (hard-cooked) eggs, peeled and chopped

1 Rub 1/2 teaspoon of salt over the salmon.

2 Heat 2 tablespoons of oil in a frying pan and fry the salmon until a brown crust appears and the flesh is cooked through (test by inserting a knife). Alternatively, grill (broil) the fish. Allow to cool, flake the flesh and set aside.

3 Heat the ghee, or oil, in a wok, and when hot, add the garlic and chili powder and toss for 1 minute.

4 Stir in the hot rice with the salt, then add the fish and remaining ingredients, mixing well between each addition to incorporate all the flavors.

5 Serve with [Cucumber Raita](#) (page 21), Quick Cucumber Pickles or a simple salad.

Serves 4

Preparation time: **45 mins**

Cooking time: **10 mins**

Nasi Lemak (Fragrant Coconut Rice)

400 g (2 cups) uncooked rice
375 ml (1½ cups) water
250 ml (1 cup) thick coconut milk
1 teaspoon salt
5 pandanus leaves, washed and knotted together

Otak-Otak (Fish Cakes)

500 g (1 lb) *ikan tenggiri* (Spanish mackerel), deboned and coarsely pounded
250 ml (1 cup) plus 1 tablespoon thick coconut milk
2 teaspoons finely chopped kaffir lime leaves
1½ teaspoons salt

Spice Paste

250 ml (1 cup) water
10 shallots
2 stalks lemongrass, tender inner part of bottom third only
4 cm (1½ in) galangal
4 cm (1½ in) old turmeric
2 tablespoons grated coconut, roasted
5 red finger-length chilies
4 candlenuts
1 tablespoon dried shrimp paste (*belachan*)

Chili Sambal

½ tablespoon tamarind pulp soaked in 2 tablespoons water
12 dried red chilies, soaked
5 shallots, chopped
2 tablespoons oil
1 teaspoon sugar
½ teaspoon salt

Serves 4

Preparation time: **2 hours**

Cooking time: **30 mins**

- 1** Rinse the rice, soak for 2 hours then drain well in a colander.
- 2** Place the water, coconut milk, salt and knotted pandanus leaves in a medium saucepan with the rice.
- 3** Bring to a boil, then reduce the heat and simmer until cooked, about 12 minutes. Alternatively, transfer everything to a rice cooker and cook according to the manufacturer's instructions.
- 4** To prepare the Otak-Otak, first preheat the oven to 150°C (300°F).
- 5** Prepare the Spice Paste by blending all the ingredients to a smooth paste.
- 6** Mix the Spice Paste with the fish, coconut milk, kaffir lime leaves and salt.
- 7** Spoon the mixture onto a shallow baking tray and cover with tin foil.
- 8** Bake for 10 minutes, then remove the foil and bake for a further 3 minutes.
- 9** Cut the fish cakes into squares and serve hot.
- 10** Make the Chili Sambal by stirring and straining the tamarind water, discarding the solids.
- 11** Drain the chilies and blend with the shallots in half the tamarind water until smooth.
- 12** Heat the oil in a saucepan and fry the chili sauce over low heat for about 10 minutes until fragrant
- 13** Add the sugar, salt and remaining tamarind water, and simmer for about 5 minutes.
- 14** Serve the rice hot or cold with Otak-Otak, peanuts, anchovies, Chili Sambal and cucumber slices. Other side dishes include Sambal Kangkong, Fried Fish, Tamarind Prawns and omelet.



Prawn Pilau

Prawn Curry

1 kg (2 lbs) fresh large prawns
1 liter (4 cups) water
1 tablespoon ghee
1 medium onion, finely sliced
1 teaspoon chili powder
180 g (1 cup) chopped ripe tomatoes
5 cm (2 in) ginger
1 teaspoon [garam masala](#) (page 26)
1/2 teaspoon salt

Rice

400 g (2 cups) uncooked basmati rice
2 tablespoons ghee
1 stick cinnamon
4 cardamom pods
6 cloves
1 teaspoon salt
50 g (1 cup) chopped coriander leaves

Serves 4

Preparation time: **30 mins**

Cooking time: **30 mins**

1 To prepare the Prawn Curry, remove the heads and shells from the prawns but leave the tails intact. Set the prawns aside and boil the heads and shells in 1 liter (4 cups) water for 15 minutes. Strain, discard the heads and shells and reserve 750 ml (3 cups) prawn stock to cook the rice.

2 Insert a sharp knife along the center of each prawn's back and remove the black intestinal tract.

3 Melt the ghee in a saucepan and stir-fry the onions until soft. Stir in the chili powder and chopped tomato and cook until soft and mushy.

4 Pound the ginger fine and squeeze the juice into the mixture, then add the garam masala. Stir in the prawns and salt and cook until the prawns turn pink. Remove from the heat.

5 To prepare the Rice, wash the rice and drain well.

6 Melt the ghee in a saucepan and fry the spices for 1 minute. Add the rice and stir over low heat for 3 minutes.

7 Add the prawn stock and salt and cook the rice until tender. Alternatively, transfer all to a rice cooker and cook.

8 When cooked, stir in the Prawn Curry and chopped coriander leaves, mixing well. Serve hot with Quick Cucumber Pickle or [Cucumber Raita](#) (page 21).



Rice in Seafood Sauce (Mui Fun)

3 tablespoons oil
6 cloves garlic, chopped
400 g (1½ cups) peeled fresh prawns and squid rings (or any other seafood)
400 g (14 oz) *choy sum* (Chinese flowering cabbage) or *sawi*, cut into lengths
1 medium carrot, thinly sliced
400 g (4 cups) hot cooked rice

Seafood Sauce

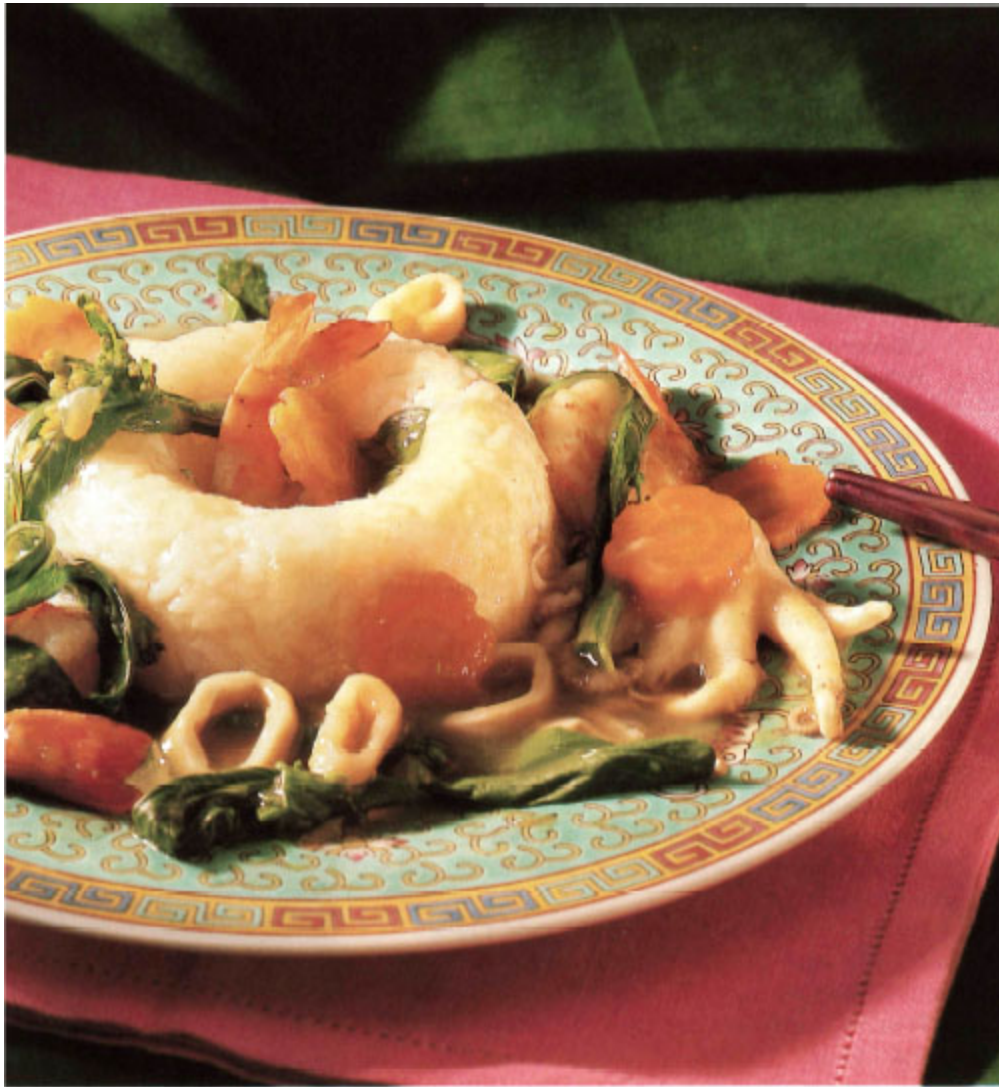
1 liter (4 cups) water
3 teaspoons oyster sauce
3 teaspoons soy sauce
3 tablespoons cornflour
2½ cm (1 in) young ginger, finely grated
2–3 drops dark soy sauce
Freshly ground white pepper

- 1** To prepare the Seafood Sauce, combine all the ingredients, stir well and set aside.
- 2** Heat the oil in a wok and fry the garlic for about 10 seconds.
- 3** Add the seafood and fry for a further 1 minute.
- 4** Stir in the vegetables, and when greens turn bright, add the Seafood Sauce and bring to a boil. As soon as the Sauce begins to boil, remove from the heat.
- 5** To serve, place a mound of hot rice in the center of a large open serving bowl (or shape the hot rice in a mold, see main picture and Step 2), then spoon the Seafood Sauce around the rice.

Serves 4

Preparation time: **30 mins**

Cooking time: **10 mins**



Score strips of cuttlefish with a sharp knife to make them curl.



Press hot rice into a mold of your choice and turn out onto a plate.

Glutinous Rice with Chicken (Loh Mai Kai)

400 g (2 cups) uncooked glutinous rice, soaked overnight
25 g (1/2 cup) dried black Chinese mushrooms, soaked in warm water
1 fresh chicken (about 500 g/1 lb), skinned and deboned
1 tablespoon oyster sauce
1 teaspoon dark soy sauce
2 tablespoons oil
2 shallots, sliced
1 tablespoon dried prawns, softened in some water
500 ml (2 cups) water
1/2 teaspoon salt

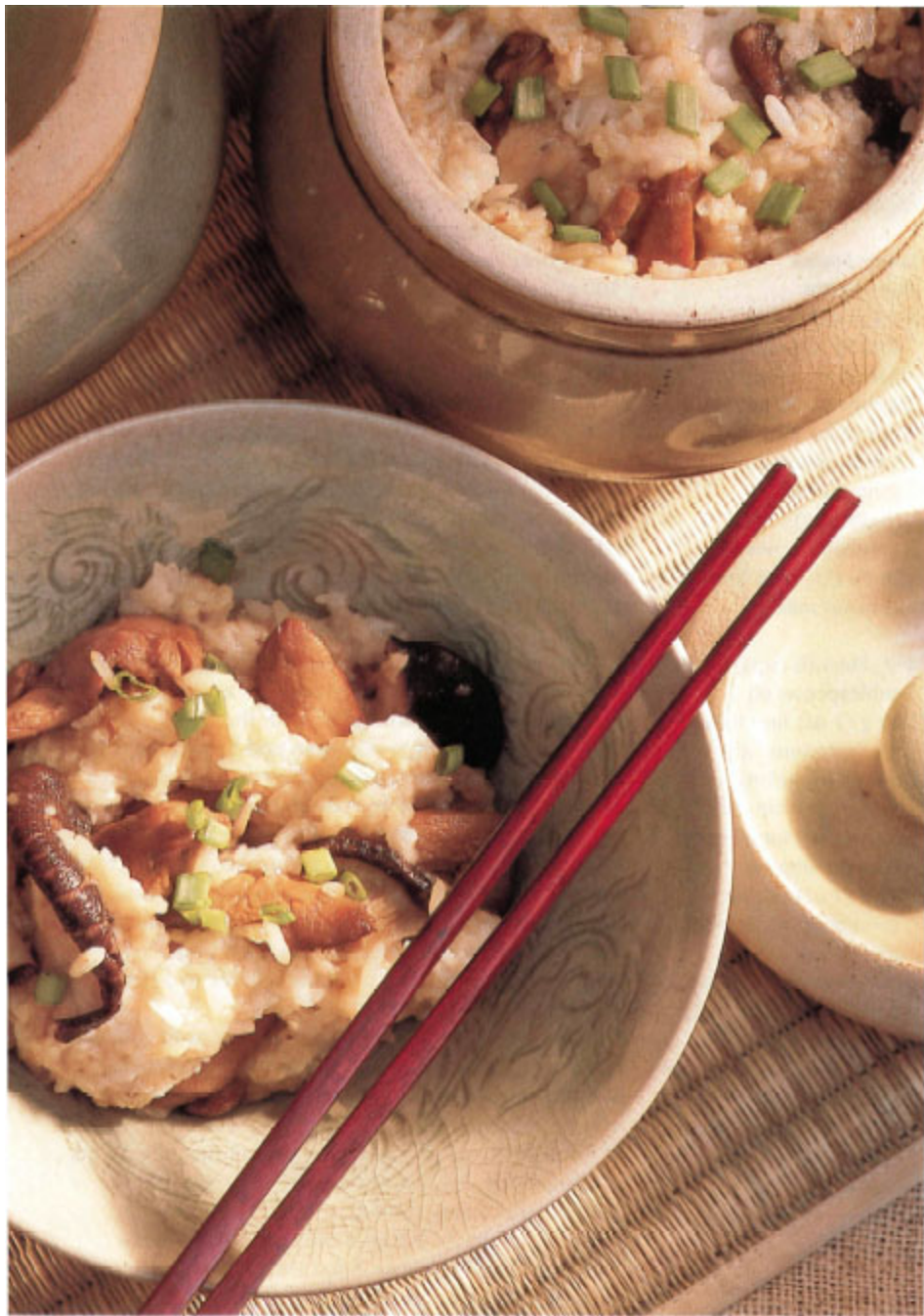
- 1** Drain the rice and mushrooms and set aside to dry.
- 2** Cut the chicken into strips.
- 3** Marinate the chicken and mushrooms with the oyster and dark soy sauces for at least 2 hours.
- 4** Remove the mushrooms from the marinade. Then fry the dried prawns and mushrooms for about 2 minutes until fragrant.
- 5** Add the chicken and stir-fry lightly, until the outside of the meat changes color.
- 6** Add the drained rice and toss in the wok with the other ingredients until thoroughly mixed.
- 7** Transfer the rice to a heat-proof casserole and add the water and salt.
- 8** Stir-fry the shallots in an oiled wok (add a little more oil if necessary). Remove the fried shallots and sprinkle over the top of the rice.
- 9** Place the casserole in a steamer and steam until soft, about 1 hour.

The rice and chicken can also be wrapped in a lotus leaf and steamed for an hour or until the rice is soft. If the rice is being steamed in a lotus leaf, use enough water to wet the rice before wrapping the rice and meat in the leaf.

Serves 4

Preparation time: **20 mins**

Cooking time: **1 hour**



Lontong (Rice Cakes with Vegetable Curry)

***Ketupat* (Rice Cakes)**

400 g (2 cups) uncooked rice

1 liter (4 cups) water

1/2 teaspoon salt

Sayur Lodeh

Curry Paste

8 dried red chilies, soaked in water

10 shallots, chopped

2 cloves garlic, peeled

5 cm (2 in) turmeric

1/2 tablespoon dried shrimp paste (*belachan*)

8 candlenuts, rinsed

125 ml (1/2 cup) thick coconut milk

1 1/2 liters (6 cups) water

3 tablespoons oil

200 g (7 oz) firm tofu

1 1/2 teaspoons salt

5 cm (2 in) galangal, peeled and smashed

200 g (7 oz) long beans, cut into lengths

200 g (7 oz) jicama (*bangkuang*), peeled and sliced

1 medium carrot, sliced

50 g (1/2 cup) softened glass noodles

150 g (5 oz) cabbage, cut into squares

400 g (14 oz) fresh prawn

Serves 4

Preparation time: **1 hours**

Cooking time: **1 hours**

Serunding

1 tablespoons oil
2 shallots, sliced
1 tablespoon water
1 stalk lemongrass, tender inner part of bottom third only, smashed
100 g (1 cup) grated fresh coconut
1/4 teaspoon sugar
1/4 teaspoon salt

Chili Paste

4 tablespoons chili powder
1/2 teaspoon salt
1/4 teaspoon sugar
2 tablespoons water
2 tablespoons oil

1 To prepare the *Ketupat*, wash and drain the rice, pound the rice a little to break up the grains.

2 Cook the rice for about 12 minutes in salted water until done. Stir the rice whilst still hot to mash it further. Spoon them into a plastic container with a tight fitting lid. The container should be just a little too small to hold all the rice. Press the rice in firmly, cover with the lid, and stand a heavy weight on top to compress the rice and let stand for at least half a day. Alternatively, prepare the *Ketupat* a day ahead.

3 To prepare the *Sayur Lodeh* Curry Paste, drain the chilies and grind all the ingredients to a smooth paste.

4 Mix half of the coconut milk with the stock.

5 Heat the oil in a large saucepan and brown the tofu on both sides. Remove and cut into thick slices.

6 Fry the Curry Paste in the remaining oil until fragrant, add the galangal and stock and bring to a boil.

7 Add the long beans, jicama, carrot, glass noodles, tofu and salt. Bring to a boil. Add the cabbage and cook briefly until the vegetables are just tender but still firm. Add the prawns and stir until they turn pink.

8 Add the remaining coconut milk, bring to a boil, then remove from the heat and serve.

9 To prepare the *Serunding*, fry the shallots until golden.

10 Reduce the heat and add the water, lemongrass, coconut, sugar and salt. Fry until the coconut browns, stirring constantly.

11 To make the Chili Paste, combine all the ingredients in a small pot and simmer for about 10 minutes or until the oil rises to the top.

12 To serve, cut the *Ketupat* into cubes and divide them into serving dishes. Spoon the *Sayur Lodeh* over the cubes and garnish with the Chili Paste and *Serunding*.



Classic Chicken Rice

Rice

400 g (2 cups) uncooked rice
800 ml (3¼ cups) chicken stock
1 teaspoon salt
4 cloves garlic

Chicken

1 whole chicken (about 1 kg/2 lbs)
1 teaspoon salt
Water to cover the chicken
2 tablespoons soy sauce
2 teaspoons sesame oil
4 stalks spring onions, finely sliced diagonally
25 g (½ cup) coriander leaves
1 cucumber, peeled and thinly sliced diagonally

Condiments

Chili Sauce

25 red finger-length chilies, deseeded
1 tablespoon rice vinegar
¼ teaspoon sugar
1 tablespoon water

50 g (1¾ oz) old ginger, peeled
1 tablespoon water

Thick dark soy sauce, to taste



1 First make the rice by washing the rice and drain well. Place the rice, salt and garlic in a saucepan. Cover with the stock and bring it to a boil, then reduce the heat and simmer until done. Alternatively, place all the ingredients, except the garlic, in a rice cooker and cook. Finally stir in the garlic.

2 To prepare the Chicken, rub the salt into the chicken, set aside for 15 minutes.

3 Bring the water to a boil in a large pan, reduce the heat and place the bird upside down in the stock.

4 Gently simmer the chicken for 30 minutes.

5 Remove the chicken carefully, ensuring the skin remains intact. Plunge it in a bowl of ice cold water. Drain.

6 Return the stock to a boil, repeat the process: gently simmering the chicken for 30 minutes before plunging it into cold water. Drain, and repeat one more time, so that the chicken will cook slowly for 1½ hours.

7 Return the chicken to a boiling stock, turn off the heat and leave to steep in the stock for 15 minutes. Cool the chicken before chopping into serving portions. Retain the stock to make the Clear Soup.

8 Combine the sesame oil and soy sauce, sprinkle over the chicken. Garnish with the coriander leaves and spring onion.

9 To prepare the Chili Sauce, blend all the ingredients until smooth. Put aside.

10 Blend the ginger with 1 tablespoon water until fine. Place the ginger and Chili Sauce in a sauce dish together (see photo).

11 Serve the soy sauce in a separate sauce dish.

12 Serve with a bowl of Clear Soup, cucumber slices and the Condiments.

Clear Chicken Soup

1 liter (4 cups) chicken stock (from cooking the chicken)

1/2 teaspoon salt

100 g (4 oz) firm tofu, cubed or 100 g cabbage in strips

1 stalk spring onion, chopped

1 Bring the stock and salt to a boil. Add the tofu or cabbage and boil for 3 minutes.

2 Garnish with the spring onions.

Good quality chicken rice chili sauce is readily available from Asian supermarkets.

Serves 4

Preparation time: **15 mins**

Cooking time: **1½ hours**

Cantonese Claypot Rice

500 g (1 lb) boneless chicken meat, cubed
4 large dried black Chinese mushrooms, softened in warm water for 15 minutes, drained
3 tablespoons oyster sauce
30 g (1 oz) old ginger, pounded to extract juice
1/2 teaspoon dark soy sauce
2 tablespoons oil
2 sweet Chinese sausages (*lap cheong*), thinly sliced diagonally
2 cloves garlic, crushed
400 g (2 cups) uncooked rice, washed
1/2 teaspoon salt
750 ml (3 cups) chicken stock or water
2 stalks spring onions, chopped diagonally

- 1** Marinate the chicken and mushrooms with the oyster sauce, ginger juice and dark soy sauce.
- 2** Heat the oil in a claypot and fry the Chinese sausages until fragrant.
- 3** Add the garlic and fry until fragrant.
- 4** Add the chicken and fry for 5 minutes.
- 5** Add the rice, salt and water.
- 6** Bring to a boil, then reduce the heat to as low as you can and let the rice cook for another 10 minutes and steam for another 10 minutes.
- 7** When the rice is done, stir in the spring onion.
- 8** Serve hot with Easy Sichuan Vegetable Soup (see below).

Serves 4

Preparation time: **30 mins**

Cooking time: **30 mins**

Quick Sichuan Vegetable Soups

1 tablespoon oil
2 teaspoons chopped garlic
1 liter (4 cups) water
Salt to taste
100 g ($\frac{3}{4}$ cup) Sichuan
vegetable, tough outer
skin removed, rinsed and
sliced thinly or cubed

1 Heat the oil in a saucepan and stir-fry the garlic until fragrant.
2 Add the water, salt and Sichuan vegetable and bring to a boil.
Remove from heat and serve.

Serves 4
Preparation time: **10 mins**
Cooking time: **10 mins**



Thinly slice the Chinese sausage diagonally.



Stir-fry the sausage before adding the marinated chicken and drained mushrooms.

Chicken Biryani

Biryani

2–3 saffron threads
1 teaspoon hot water
3 tablespoons ghee
1 onion, thinly sliced
75 g (1/2 cup) almond slivers
80 g (1/2 cup) raisins
1 stick cinnamon
6 cloves
6 cardamom pods
1/2 teaspoon turmeric powder
400 g (2 cups) uncooked basmati rice
750 ml (3 cups) water
1 teaspoon salt

Chicken Curry

2 tablespoons ghee
1 onion, sliced
1 tomato, sliced
1 teaspoon salt
1 chicken (about 1 kg/2 lbs), quartered
60 ml (1/4 cup) yogurt
120 g (3 cups) chopped mint leaves

Curry Paste

1 1/2 tablespoons coriander powder
1 teaspoon cumin powder
2 teaspoons fennel powder
2 teaspoons chili powder
1/2 teaspoon turmeric powder
1/2 teaspoon ground white pepper
125 ml (1/2 cup) water

Serves 4

Preparation time: **1 hour**

Cooking time: **30 mins**

Cucumber Pickles

1 large cucumber, cut into lengths

1 teaspoon salt

2 tablespoons oil

4 thin slices ginger

1/2 teaspoon mustard seeds

1/2 teaspoon turmeric powder

1/4 teaspoon chili powder

1 medium carrot, cut in lengths

2 tablespoons rice vinegar

1/2 tablespoon sugar

1/2 tablespoon salt

1 Preheat the oven to 150°C.

2 To prepare the Biryani, first steep the saffron in 1 teaspoon hot water.

3 Melt the ghee in a large ovenproof pan and fry the onions until golden brown. Remove and set aside.

4 Fry the almonds and raisins together until the almonds turn golden brown. Remove and set aside.

5 Fry the cinnamon, cloves, turmeric and cardamom in the ghee for 1 minute. Add the rice and stir through the spices over low heat for 3 minutes.

6 Add the water, salt and saffron water, cook for about 15 minutes (or transfer all to a rice cooker and cook until done). Stir in the onions, almonds and raisins.

7 To prepare the Chicken Curry, first blend all the Curry Paste spices with some water to form a paste.

8 Heat the ghee in a pan and fry the onions until soft. Stir in the Curry Paste, then add the tomato, salt and chicken and simmer until the tomato is soft. Add the water and continue to simmer, covered, until the chicken is done. Add the yogurt and mint leaves, simmer for 5 minutes.

9 To make the Cucumber Pickles, rub the salt on the cucumber, leave for 15 minutes, then squeeze gently to remove excess moisture.

10 Heat the oil in a frying pan and gently stir-fry the ginger and mustard seeds until they pop. Add the turmeric and chili powder, then add the cucumber, vinegar, sugar and salt and stir quickly for 3 minutes. Do not overcook.

11 Cool, then bottle in sterilized, airtight jars. Refrigerate, leaving for at least 24 hours before serving.

12 Remove half the rice from the pan, spoon in the chicken curry, then cover with the remaining rice.

13 Cover with a lid or foil and bake for 10 minutes.



Century Egg Porridge

2 century eggs
2 tablespoons oil
1 piece old ginger, finely chopped
3 cloves garlic, minced
100 g (½ cup) minced pork
1 teaspoon salt
Ground white pepper Soy sauce (optional)
2 stalks spring onions, chopped
2 deep-fried dough sticks (*yu tiao*), cut into pieces

Basic White Porridge

2½ liters (10 cups) water
½ teaspoon salt
250 g (1¼ cups) shortgrain rice, washed and drained
250 ml (1 cup) water

Serves 4

Preparation time: **20 mins**

Cooking time: **2 hour**

1 To make the Basic Porridge, first bring the water and salt to a boil, then add the rice, stirring gently until the water returns to a boil. Lower the heat and simmer, uncovered, for 1 hour, stirring occasionally. After 20 minutes add another 250 ml (1 cup) water. Towards the end of cooking, when most of the water has evaporated, stir frequently to avoid the porridge sticking. Alternatively, cook everything in a rice cooker using the porridge setting.

2 When porridge is soft and mushy, remove from the heat and serve.

3 Clean the century eggs, remove the shells and cut into small pieces.

4 Heat the oil in a saucepan and stir-fry the ginger until fragrant, then add the garlic and cook for 30 seconds.

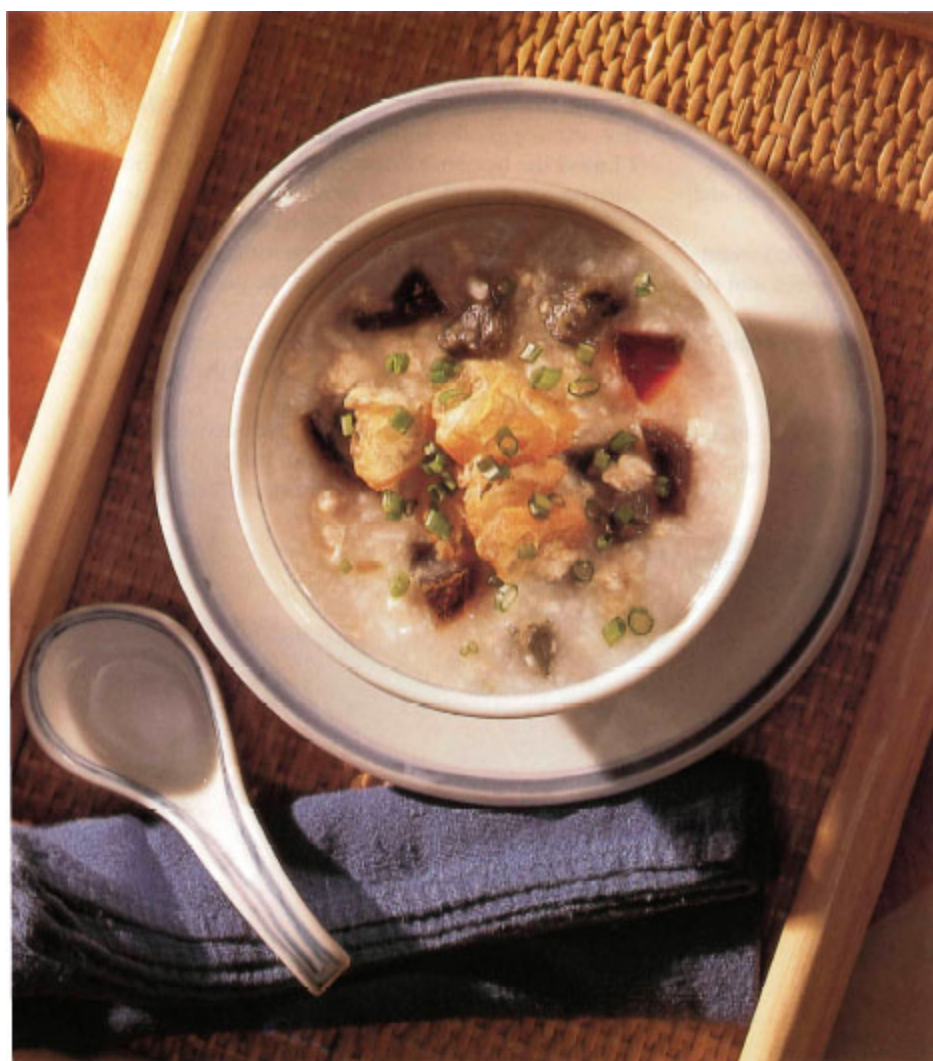
4 Add the pork and fry until cooked.

5 Stir in the porridge, salt and pepper and bring to a boil.

5 Season with the white pepper and soy sauce.

6 Add the century eggs, then garnish with spring onions and yu tiao.

Yu tiao (Chinese crullers) are 2 long sticks of dough stuck together and then deepfried. Sometimes called Chinese doughnuts (*yu char kway*), they are savory rather than sweet and are traditionally eaten with rice porridge (congee). They are available in Asian fresh markets



Steamed Pork with Salted Eggs

2 salted eggs

250 g (2¼ cups) minced pork

¼ teaspoon salt

1 tablespoon water

Ground white pepper

1 Remove the shells from the salted eggs and rinse under the tap. Discard one of the egg whites.

2 Chop the yolks into small pieces and mix all the ingredients in a shallow heat-proof dish that will fit into a steamer tray.

3 Steam until the meat is cooked through.

Sweet Potato Rice Porridge

2½ liters (10 cups) water

1 teaspoon salt

250 g (1¼ cup) short grain rice, washed and drained

200 g (1⅓ cup) sweet potato, peeled and cut into chunks

250 ml (1 cup) water

Serves 4

Preparation time: **30 mins**

Cooking time: **1 hour**

1 Bring the water to a boil, add the salt, then add the rice, stirring gently until it returns to a boil.

2 Lower the heat and simmer, uncovered, for 1 hour, stirring occasionally. After 20 minutes add another 250 ml (1 cup) water. Alternatively, cook in a rice cooker switched to the porridge setting.

3 Add the sweet potato chunks to the porridge only in the last half hour of cooking.

4 Towards the end of cooking, when most of the water has evaporated, stir frequently to avoid the porridge sticking to the bottom of the pot.

5 When porridge has reached desired texture, and the sweet potato is done, remove from the heat and serve with Dried Radish Omelet, and [Steamed Pork](#) (page 55).



Dried Radish Omelet

150 g (1 cup) preserved salted radish (*chye poh*), rinsed in cold water,
then pat dry and finely chopped
1 red finger-length chili, deseeded and minced
3 eggs
Ground white pepper
2 tablespoons oil

Serves 4

Preparation time: **10 mins**

Cooking time: **2 minutes**

- 1** Whisk together the eggs, chili and radish, and season with pepper.
- 2** Heat some of the oil in an omelet pan and fry the omelet in 2 or 3 batches. Coat the base of the pan with a thin layer of the mixture. Spread with the back of a fork to help the mixture thicken as soon as possible, pulling the edges in to the pan center, and tipping the pan to spread the uncooked mixture to the edges.
- 3** When the surface is lightly set and dry looking, loosen around the edges with a spatula.
- 4** Turn the omelet and cook a further 5 seconds. Slide the omelet onto a rack or plate, and repeat the process with the remaining mixture.



Preserved salted radish or *chye poh* is pickled Japanese radish or daikon. Often added to dishes for its crunchy texture and salty flavor, it keeps almost indefinitely and is available at Asian markets. If radish is very salty, soak in several changes of water then squeeze out liquid (dried radish is also available minced and is still very salty so requires rinsing).

Fish Porridge

Rice for Porridge

300 g (1½ cups) shortgrain rice

750 ml (2½ cups) water

Porridge Stock

1 tablespoon oil

2 shallots, finely sliced

3 cloves garlic, minced

4 cm (1½ in) old ginger, cut into thin strips

1 tablespoon soy sauce

1 liter (4 cups) water

400 g (14 oz) threadfin fish (ikan kurau), deboned and thinly sliced

1 teaspoon salt

Ground white pepper

40 g (1 cup) chopped Chinese celery

Serves 4

Preparation time: **15 mins**

Cooking time: **45 mins**

1 Wash the rice and drain. Cover with water and cook for about 10 to 12 minutes until done.

2 To make the Porridge Stock, heat the oil in a large saucepan and stir-fry the shallots until fragrant. Add the garlic and ginger, and cook for 1 minute further then stir in the soy sauce.

3 Add the water, bring to a boil, then add the rice and return to a boil.

4 Add the fish and salt, taking care not to overcook the fish.

5 Garnish with the chopped Chinese celery and serve immediately.





Chicken Porridge

- 1 small chicken (about 500 g/1 lb), steamed
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 250 ml (1 cup) chicken stock
- $\frac{1}{4}$ teaspoon salt
- 1 portion hot [Basic White Porridge](#) (page 54)
- 2 stalks spring onions, finely chopped
- 2 sprigs coriander leaves

Serves 4

Preparation time: **15 mins**

Cooking time: **1 hour 15 mins**

- 1** Shred the chicken meat or chop into bite-sized pieces.
- 2** Combine the soy sauce and sesame oil, and sprinkle half over the chicken.

3 Heat the Chicken Stock and salt and mix with the Basic White Porridge. Bring to a boil.

4 Stir in the remaining soy-sesame mixture and shredded chicken (if using chopped chicken, serve in a separate dish or piled on top of porridge).

5 Serve immediately in small bowls and garnish with spring onions and coriander leaves.

6 Alternatively, serve the chopped chicken separately from the rice porridge.

An alternative to steaming the chicken is to thinly slice the raw chicken and cook it in the rice porridge until done.

Pulot Hitam

(Black Rice Pudding with Coconut Milk)

200 g (1 cup) uncooked black glutinous rice
2 liters (8 cups) water for rice
¼ teaspoon salt
125 g (⁵/₈ cup) sugar
250 ml (1 cup) thick coconut milk
250 ml (1 cup) thin coconut milk

Serves 4

Preparation time: **15 mins**

Cooking time: **2 hours**

1 Rinse the rice clean and soak overnight.

2 The following day, transfer the drained rice to a saucepan with 2 liters (8 cups) water. Bring to a boil, reduce the heat to low and simmer for 1½ hours or more, stirring occasionally. The grains of rice should split open and be fairly soft but chewy.

5 Combine the 250 ml (1 cup) thin coconut milk with the cooked rice and continue simmering for a further 10 minutes.

6 Stir the salt and sugar into the rice porridge.

7 To serve, ladle out into small bowls, then top with a couple of spoonfuls of thick coconut milk.

This dish can also be made by placing all the ingredients in a slow cooker overnight.

Pulot Hitam

(Steamed Black Rice with Grated Coconut)

200 g (1 cup) uncooked black glutinous rice

1/4 teaspoon salt

75 ml (1/3 cup) sugar syrup

1/2 coconut, grated

Serves 4

Preparation time: **15 mins**

Cooking time: **2 hours**

1 Rinse the rice clean and soak overnight.

2 The following day, drain the rice, place the wet rice on a plate and mix in the salt. Add the sugar syrup to the rice, the amount depends on the sweetness desired.

3 Transfer the plate to a steamer and steam for 2 hours. The rice is done when the grains split open and are slightly chewy.

4 Spoon individual servings onto serving plates.

5 Garnish with the fresh grated coconut.



Glutinous Rice with Mango

200 g (1 cup) uncooked glutinous rice
2 tablespoons + 125 ml (½ cup) thick coconut milk
½ teaspoon + pinch salt
1 ripe sweet mango per person

Serves 4

Preparation time: **30 mins**

Cooking time: **45 minutes**

- 1** Rinse the rice and soak overnight.
- 2** Steam the rice for 25 minutes, then stir in 2 tablespoons of the coconut milk and ½ teaspoon salt. Continue steaming for another 25 minutes until the rice is soft.
- 3** Divide the rice into serving portions.
- 4** Arrange the rice and mango on a plate.
- 5** Mix 125 ml (½ cup) of the coconut milk with a pinch of salt and spoon some over the rice.
- 6** Serve at once.

For Glutinous Rice with Durian, allow several durian seeds per person and follow the method above substituting durian for mango.

Pulot Inti (Blue Rice Cakes)

200 g (1 cup) uncooked glutinous rice

1/2 teaspoon salt

125 ml (1/2 cup) water

200 g (2 cups) grated fresh coconut

Dried bunga telang (butterfly or pea flowers) soaked in 2 tablespoons water, or 2–3 drops blue food coloring

Palm Sugar Syrup

100 g (1/2 cup) palm sugar

1/2 cup (125 ml) water

1 pandanus leaf, torn lengthwise and tied in a knot

1 Rinse the rice and soak overnight.

2 Put the rice, salt and 125 ml (1/2 cup) of water in a heat-proof bowl and steam for 30 minutes until the rice is soft.

3 Stir the blue food coloring into the hot rice to color it.

4 Press the rice into a 20 cm (8 in) square tin.

5 To prepare the Palm Sugar Syrup, place the palm sugar, water and pandanus leave in a small pan and simmer until the mixture is slightly thick and syrupy. Strain to get rid of all impurities. Add the coconut and cook for 5 minutes.

6 Cut the cake into rectangles and spoon some topping onto each piece. Serve at room temperature.

Use a lightly oiled knife to cut the rice cakes to prevent them sticking.

Serves 4

Preparation time: **30 mins**

Cooking time: **45 minutes**



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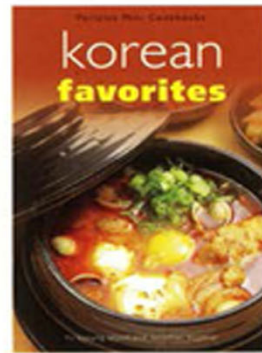
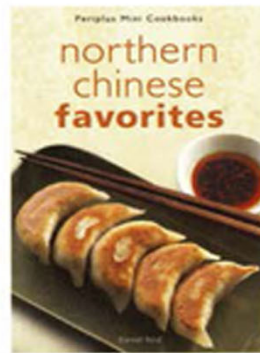
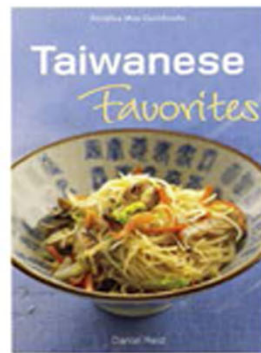
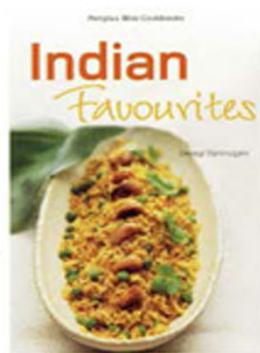
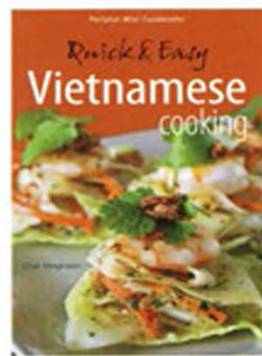
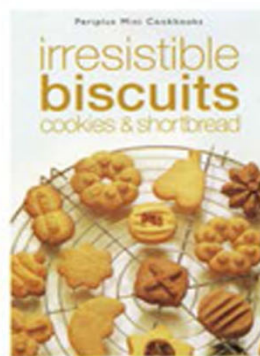
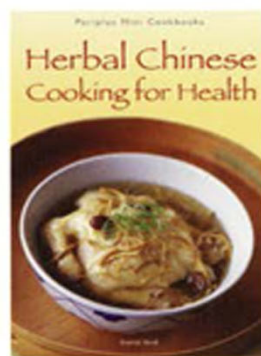
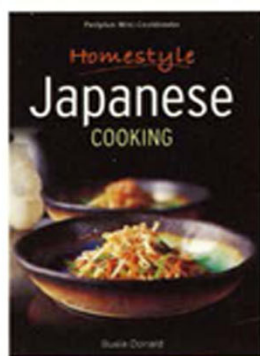
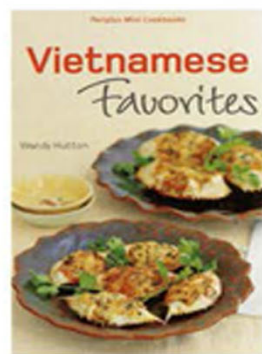
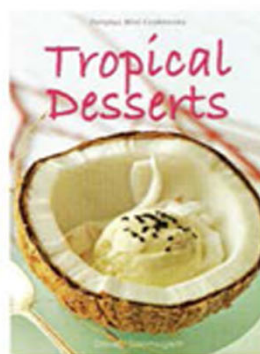
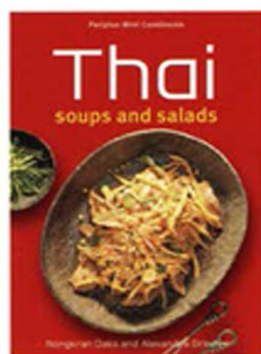
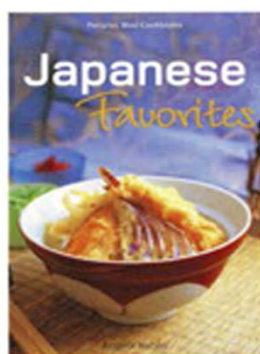
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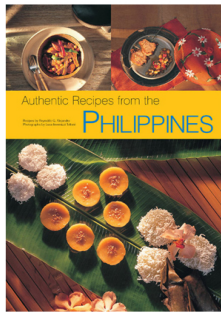
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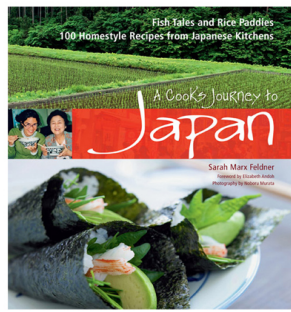


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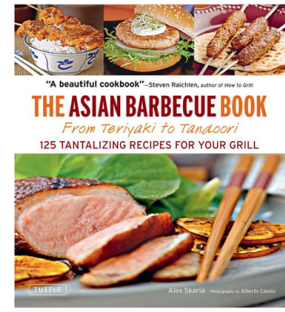
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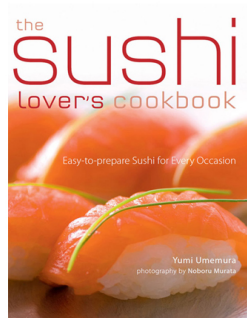
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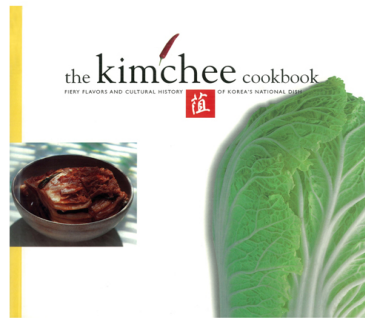
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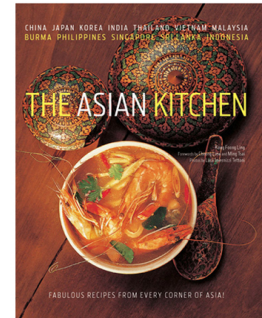
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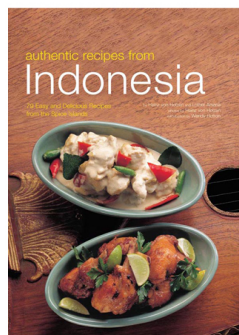
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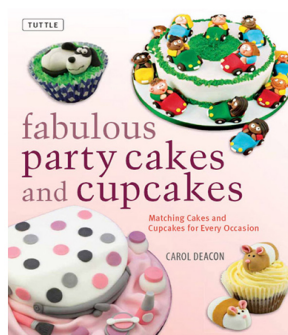
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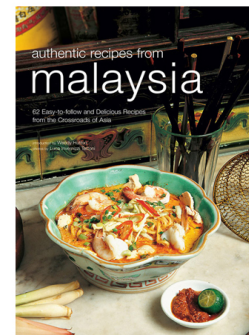
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